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Reflections
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50¢ FREE AT OUR ADVERTISERS Vol. 2 – NO. 12 ▪ September 1, 1997

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(see page 12)

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Opinion –

From the Editors: Tiny Prince / Lorraine Lavender

Black Heritage Day – Juneteenth Day 1998

A Black Heritage Celebration is a concept, which needs to be developed into a consciousness which will hopefully develop into a Solidarity Movement based on the group's belief that it is necessary that a day be set aside to acknowledge the accomplishments of African Americans in the making of America.

The very word solidarity is like waving a red flag at a bull. The bull will attack. When the bull attacks, you either kill the bull or it kills you. Either way, it is not a very productive solution.

What African Americans want pure and simple is equality. A level playing field. Setting history straight is just one way of leveling the ground. Developing our own economy is another. There are many ways we can equalize our position in America. Integration is not one of them.

Integration, a buzz word used by maneuvering Pilgrims, gave other Pilgrims the inference that we wanted to marry into their race. Nothing could be further from the truth, and we accepted their explanation of equality as valid. They were the ones that committed miscengenation because it created a larger slave economy, a commodity that became the foundation of southern wealth.

Just like the drug trade, their shortsightedness backfired and they blamed their problem on the slaves.

That is why we have to be sure that we proceed correctly when we try to mobilize for our good. Therefore we must first find our unity in a meaningful goal and then develop the variables. A BLACK HERITAGE DAY could be that beginning catalyst.

POLLY TICKS...

IN POLITICAL CIRCLES everyone is talking about Cliff Minor stepping down from he Prosecutor's Office. Cliff has been a Police Officer, Lawyer, Judge and Prosecutor all in Essex County. He has an excellent reputation.

Carl Shariff now an aide to Senator Wynona Lipman and all the street people wonder what it's all about. Senator Lipman's has longevity as the 29th District Democrat representative.

Kenneth A. Gibson and a party of three having a private local meeting to discuss the future of Essex County, and the plans look good...

Nia H. Gill, Assemblywoman, on T.V. talking about the problem of thumbprinting everyone. She speaks very elegant and knows her subject. She's a Essex 27th District Democrat.

Assemblyman Joseph Charles, Chairman Hudson 31st District Democrat with no real threat to his re-election...

Senator Ronald Rice Essex 28th District Democrat, Assemblyman Wilfredo Caraballo Essex 28th District, Assemblyman Craig T. Stanley parts of Essex 28 District Democrat, Assemblyman Leroy Jones Essex 27th District Democrat all ready for the November push for Democratic candidate for Governor, Jim McGreevy...

Meanwhile, this column is waiting to see what Governor Whitman is doing with Willie Brown of Essex 29th District Democrat...

U.S. Senator Robert Toricelli encouraging home folks to police their own neighborhood, he promises a tax credit to those that do.

ROBERT TREAT HOTEL – The graduate Karen Shakur Hall, the daughter of Mrs. Sally Caldwell celebrated with many folks who came to wish her well. Karen works in the Essex County Prosecutor's office. Top aid for Mayor Sharpe James, Calvin West and Judge Booker, said great words of encouragement for she is a mother who held a job and still and still continued to go for the higher achievement.

Help Wanted

SECRETARY – Busy government department seeks entry level secretary with excellent typing skills (60+) and short hand. Person must be well organized, able to work well under pressure and have computer knowledge. Send resume to: **The Black Mirror News, P.O. Box 1480, Newark, New Jersey 07101**

SECRETARY – Experienced secretary (10 years plus) for a busy government department. Computer skills needed along with typing (60+) and short hand. Person must be well organized, able to work well under pressure, provide administrative and clerical assistance of a highly complex nature, produce documents informs of agendas, minutes, transcripts, etc. Legal experience a plus. Send resume to: **The Black Mirror News, P.O. Box 1480, Newark, New Jersey 07101.**

The Best of PERCY

LETTERS TO THE EDITOR

Dear Editor:

Thank you for seeing how much we need a special day to honor African-Americans. Even though the 14th of June, which also happens to be Father's Day, is the day the movement for freedom was started, any other day in June would be just as good.

NM, Orange, NJ

Dear Editor:

We have a day, it may not be nationally recognized, but we have a day! That day is JUNETEENTH DAY, celebrated June 19th of each year. It is, at least for me, a celebration. I like it left as it is, a day of celebration not one of a bunch of made up; 'crap' like Kwannza. It seems that whenever anything has anything to do with Black Americans, it has to be so serious. No, serious by our standards, but serious on a Euro standard. Take the Negro National Anthem, *"Lift Every Voice,"* it 'sucks'. There is nothing Black about it. It is too serious and boring. The real Black national anthem should be *"Say It loud..."* it does not tell the history of LEV but it is undeniably black. So let the black elite form themselves a day, but the "proletariat" have a day and we would thank you to leave it be. JUNETEENTH fight til we die.

Brian Ray

Mildred C. Crump Civic Association

Councilwoman-at-Large
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Watch this space for 1997 Meeting Schedule

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FALLING LEAVES

CAROLYN NESBITT
Social work professor

Ms. Nesbitt was a professor of social work for Ramapo College, Mahwah, where she also was a program director for several years before retiring in 1985.

She first worked in real estate, then became a staff associate for continuing education for the National Association of Social Workers, Washington, D.C. before she was a field faculty instructor for the School of Social Work at Columbia University.

Then, she was a counselor for the Shelter of Our Sisters Adoption Agency, New York, and then a program for the Division of Aging Social security Administration. In addition she also taught bible school for Sloam-Hope Presbyterian Church.

Ms. Nesbitt received a bachelor of arts degree from Syracuse University, a master's degree in social work from Hunter College, an AB degree in sociology and a certification in non-profit management from Harvard University.

Ms. Nesbitt was a community activist and served as director of Project Enable during the 1960's. She was a life member of the National Association for the Advancement of Colored People. She was a member of the Association of Social Workers, bridge Association, Association of Business and Professional Women's Club and Council of Negro Women, all national organizations.

REV. JOSEPH JOHNSON

The Rev. Joseph Harry Johnson faced adversity with song and celebrated his life through music, and yesterday his death was mourned with the same gospels that inspired him.

"He knew something about deep sadness and would sing above the noisy pessimists or when he felt bad," said the Rev. George Blackwell 3rd, pastor of Good Neighbor Baptist Church in Newark, where Johnson was assistant pastor. "Harry's singing now, and if you get real quiet you can hear it, but this time it's across the altar of your heart."

Johnson known to friends by his middle name was an anchor in he city's most black Baptist and Methodist communities. He died of heart failure in Saint Barnabas Medical Center in Livingston on July 27. He was 40.

CAROLINE COOK
Taught in Newark

Ms. Cook was a teacher at Thirteenth Avenue School, Newark, for 29 years. She also was a coordinator of the Title One Program, a program for additional educational help.

She attended Shaw University, received a bachelor's degree from Kean College and a master's in education from Seton Hall University.

Ms. Cook was a union representative for the American Federation of Teachers, a coordinator of the Life Day Camp, Pottersville, and a volunteer for the Newark Boys and Girls Club.

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Vitamin E gets new respect

By Jan Brogan
KRT NEWS SERVICE

Widely touted by the natural-food faddists of the 1960s and 1970s, vitamin E was nonetheless the shady lady of vitamins, often ignored by mainstream nutritionists.

"It wasn't considered a serious vitamin," says Dr. Jeffrey Blumberg, chief of the Antioxidants Research laboratory at Tufts University.

This may have been because of its earliest marketing; when the vitamin was first discovered in 1927, it was enthusiastically hawked as a sexual potency miracle.

But now, vitamin E has been vindicated. The latest mainstream research shows it boosts the immune system, offering the potential to fight off the most worrisome of aging diseases, from heart ailments and cancer to cataracts and Alzheimer's disease.

And while a number of experts urge caution about overbilling vitamin E as the latest miracle cure, others see an exciting consistency in the research.

Blumberg says that, while vitamin E is no "wonder drug," there is a convincing body of experimental, clinical and epidemiological studies which repeatedly point to its ability to fend off many chronic diseases. "There is no argument about vitamin E having an effect, the only controversy is over the optimal doses," he says.

Vitamin E is an antioxidant, which means it fights the free-radical damage to cells caused by aging.

Free radicals are toxic compounds containing one or more unpaired electrons that can "damage everything in sight," from DNA to fats to proteins, says Blumberg.

This is a normal part of metabolism – the reaction to living in our natural environment. For example, as ultra-violet (UV) light hits the lens of the eye, it creates clumps and clouding in the lens proteins. The longer you live, and more your eyes are exposed to UV light, the more likely you are to develop cataracts.

Studies have shown that adding antioxidants may retard this process.

We have antioxidants in our own body – some enzymes, for example – that help fight this process, but as we age, our antioxidant defenses naturally diminish.

Fat cells carrying protein oxidize, which cause them to stick to the artery. By preventing oxidization, vitamin E may reduce the amount of fatty buildup in the arteries, thus reducing heart problems.

A host of different diseases arise from free-radical damage, which is why vitamin E suddenly seems like a panacea.

"Vitamin E is the soldier that goes out to protect the town. The soldier may be killed or injured, but in the end of the town is safe," says Blumberg.

A study recently published in the New England Journal of Medicine reported that patients with mild Alzheimer's who took 2,000 IUs (International Units) of vitamin E a day, over a two-year period, deteriorated more slowly, functioned better and lived longer than those who did not take the vitamin supplement.

But, 2,000 IUs is an extremely high dose. The U.S. recommended daily allowance, or RDA, for the vitamin is about 30 IUs, and most proponents of the vitamin only recommend taking 200 to 400 IUs a day.

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ESSEX COUNTY DEMOCRATS UNITE FOR A MC GREEVEY VICTORY!

After a very spirited Essex County Primary for Gubernatorial and Legislative candidates, Democratic leaders recently met at a breakfast meeting at the Newark Teachers' Union, 1019 Broad Street, Newark, to announce their unanimous support for James E. McGreevey, Democratic candidate for Governor. McGreevey, Mayor of Woodbridge, New Jersey's fifth largest municipality and also State Senator, has established a warm and personal relationship with Congressman Donald M. Payne, Newark Mayor Sharpe James, Essex County Democratic Chairman Thomas P. Giblin, and his colleagues from the New Jersey State Senate who represent Essex County, Senators Wynona M. Lipman, Richard J. Codey, and Ronald L. Rice, among others.

At the breakfast meeting, Senator McGreevey thanked Essex County Democrats for their 33,000 votes in the June Primary, and placed his continued commitment to keep Essex County at the decision-making table when he is elected Governor.

(L-R): James E. Mc Greevey, Democratic candidate for Governor, Armelia Grooms of East Orange, Essex County Democratic Committee Vice-Chair, and Richard J. Codey.

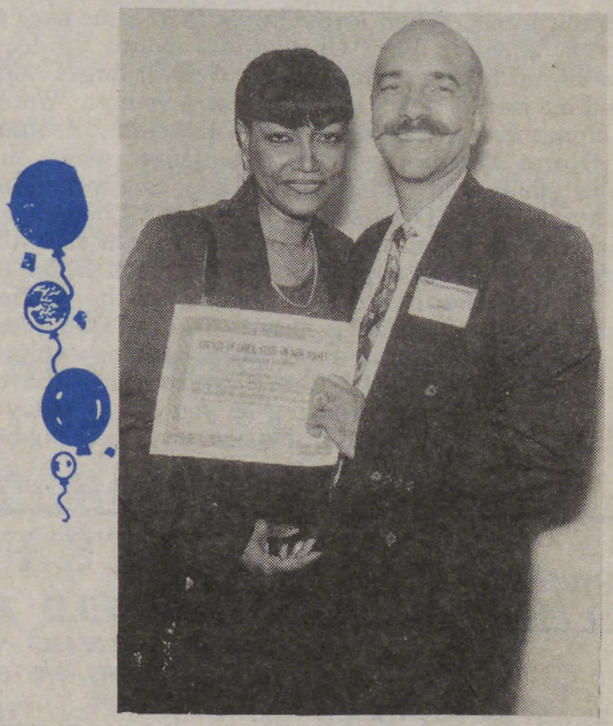
BOOSTING MC GREEVEY. Shown is Newark Mayor Sharpe James, who made an impassioned speech about the importance of electing Jim Mc Greevey and the members of the Essex County Democratic "Line A" Team in the November General Election.

EAST ORANGE'S FINEST. Armelia Grooms, Essex County Democratic Committee Vice-Chair, Assemblyman Leroy J. Jones, Jr., and Shivaun P. Gaines, newly elected New Jersey State Committeewoman

CONTINUING THE TRADITION. Assemblyman-Elect William D. Payne, 29th Legislative District, congratulating Thomas P. Giblin as the New Jersey State Democratic Chairman, together with James E. McGreevey, Democrat for Governor.

TALKING IT OVER. Shown is former Newark Councilman and Aide to Mayor Sharpe James, Calvin D. West and Donald V. Biase, Business Administrator, Essex County Vocational School Board.

Shown (L-R): Newark Central Ward Chairman, James Wallace, Thomas P.Giblin, and James E. Mc Greevey.



Shown holding his Certificate of Election as a New Jersey Democratic State Committeeman from Essex County is Amilkar Velez-Lopez, together with Azama Alyea Bilquiys of Newark.

First Fridays at
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AFTER HOURS AFTER HOURS...

Bruce Anderson of **Koplin Pontiac** rolls on forever in his new finance company "Last Chance" in Plainfield, NJ... **Carrie Jackson**, the cafe singer everywhere working in the Jersey City, New York City and the Poconos – smiles... Weequahic Park's gospel fest was great, specially the **Revival Temple Community Choirs** tribute to the late **Bishop Jeff Banks**... What about a picture of **Jerry Hall** of Irvington, N.J. The Saturday night parties go on at the **Club Playhouse** on Elizabeth Ave. so says **Verna Lacole, Bumbsey** and **Tuna** – fine looking ladies... **David Rhoney** runs the **Nubian Impact** productions out of Orange N.J.... **Henrietta Parker** and the doctor that rhymes – smiles... Watch for the new dance club starting in the Fall called **"Arms Around"** learn the Hustle, Lindy, Swing and the Latin dances... We have been looking for **Donna Sparks** one of the smooth live ladies... **Smitty's Mobil** station services some very prominent folks, the **West** and **Whigham** fleet.... When **Andy Bey's Trio** came back to the Jersey shore in West Orange last month the local folks came out to greet him – we could never forget Andy Bey and his sisters when they were very young... Watch for a column from young **Semond F. London**... Fashion Flash **Diane Murray** wearing a two-piece white suit that was smart and tasteful... Tis late, but we're glad that **Carmela Mel D'Alesso** had a beautiful birthday – we wish her a million more... Boy! Have you seen the **Robert Treat Hotel top deck on the 14th floor**, its cool... **Denise Hamilton**, the songbird at the **"Office Restaurant,"** in Montclair escorted – smiles... Legs, legs and legs everywhere with short skirts making summer in Newark like Hollywood... **Sam Capasso** once a Savoy Ballroom Lindy hopper or swing as you call it today – smiles... **Ed Gordon of BET** now host on N.B.C. big but bigger... In September, **Barney's Fashion** on 17th Street in New York city will close... **Rose Garry** still the smart businesswoman with the **Don Todd Co.**, they are one of the nation's top Black construction firms in Cherry Hill and New York... Harlem had a rededication two Sundays ago at the **Charles A. Young Park** at Lenox Ave. between 143rd Street and 144th Street. Charles, was the highest ranking Black officers in the United States Army 1864-1922... **Gladys Thomas** won the women's golf classic in the Essex tournament for the ladies, they say is good.

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By ADA

ARIES MARCH 21-APRIL 20

You can do a lot of good if you know when to say "uncle". Your quick temper may be soon forgotten by you, but some of your friends are not so quick to forgive.

TAURUS APRIL 21-MAY 22

While sowing those wild oats, don't let passion rob you of your judgment. A friend is better than a passing fancy.

GEMINI MAY 23-JUNE 21

What's your hurry? Settle down so you can accomplish just one of the things you are working on. Don't forget to socialize.

CANCER JUNE 22-JULY 22

the past is gone. The future is coming. A snail will not win the race when the rest of the world is moving at the speed of light. Get into the fast lane.

LEO JULY 23-AUGUST 22

Self-control will get you ahead. Showing concern may not be enough. Show that you care, but don't pay the piper if you haven't even danced.

VIRGO AUGUST 23-SEPTEMBER 22

Conservatism is great in its place but in love it is out of the question. Being critical at this time is not in your best interest where love is concerned.

LIBRA SEPTEMBER 23-OCTOBER 22

Assume the responsibility in your workplace. Your self-reliance is an asset. Have some fun too.

SCORPIO OCTOBER 23-NOVEMBER 21

the green eyed monster has reared its ugly head. Your suspicions are largely unfounded, so give your mate the benefit of the doubt. You won't regret it.

SAGITTARIUS NOVEMBER 22-DECEMBER 22

Your intuition will help you complete a project you have been working on. The finished product will be worthy of your efforts.

CAPRICORNUS DECEMBER 23-JANUARY 20

Feeling depressed? Get out your rose colored glasses and stop making everyone around you miserable. People are depending on you so get up and get going.

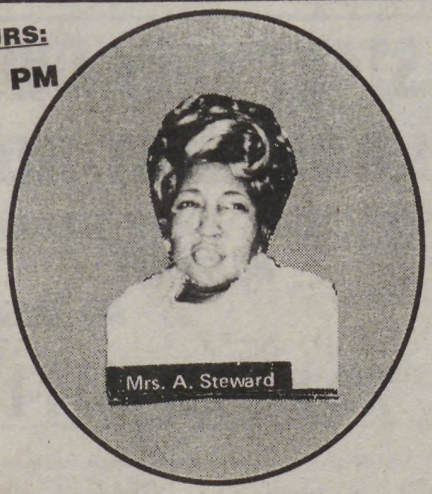
AQUARIUS JANUARY 21-FEBRUARY 19

What you thought was a snub was not. Don't use this as an excuse to act cold and indifferent to associates and loved ones. They need your encouragement more than ever.

PISCES FEBRUARY 20-MARCH 20

Do not place too much confidence in the people you're dealing with. Protect your own interest. Everyone else will take care of themselves.

NEW HOURS:
8 AM - 9 PM



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remember when

Remember When? Mr. Muhammad was introduced into Newark by the late Hassan Karriem...

Remember When? Sarah Vaughn used to slip into the Key Club at Halsey and William Streets, and sing from the bar stool...

Remember When? Sammy Cotten and Mr. Google Eyes who was from New Orleans were the young blues singers not shouters...

Remember When? Desiree Harris had her bash at Top Brass, Robert Treat Hotel, she studied in Paris and then toured Spain and France...

Remember When? Eugene 'Gene' Thompson was a State Assemblyman Democrat and the "Pace Setter," pushed him to the top. Gene was one of the prime movers to establish State Division on Affirmative Action...

Remember When? Jackie Jones played all the local clubs before she became a star attraction – smiles...

Remember When? John Harley was the number one liquor salesman, and then became the number one promoter of sales flights to South America, he's into the Internet these days...

ON OUR COVER – Autumn says she respects the *Black Mirror News* and staff because they treated her 'Body Developing" as an art, not as a flimsy act.

SOCIAL CALENDAR

CLASS REUNION: Belleville High school Class of '47 - 50th Year Reunion will be held on September 27, 1997. If you wish to attend, please contact Lorraine Lavender (201) 639-1977. Graduates from 1946 and 1948 are also invited.

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THE SHADOW KNOWS...

Hey, it's that time again for THE SHADOW to tell you what's happening in the 'hood!

Be strong my brothers, these young sisters are out to get you – it's hot out and the young ladies are dressed to impress, there is nothing wrong with the skirts they're wearing, the skirts are not too short, it's the girls are just too tall and with the extra high shoes, they look like baby dolls that are fully grown... Have you seen the latest fad? Welcome to the world of tattoos. At one time, only service men wore them, now everybody's got one, some to the tattoos are on people that are so dark-skinned that they have to carry a flashlight so they can show them off... To that young lady on Sandford Place in Newark that thinks she's "all that," you best be careful that lady's husband you're seeing is gonna get you. Oh!, he told you he was single did he? Well you had better do some checking up, cause the Shadow knows he is very much married though he spends a lot of time with you he spends his "quality time" at home with the wife and kids. How come everybody in your block knows he's married except you?... Mr. S.T. on South 14th St. in Newark: how much longer will it be before you stop hiding the beemer from the two repo man? Leaving it at your cousin's house is not gonna be the answer always, one of these days you've got to "bag it up" and make a payment or turn it in, the repo man now knows where you hang out, so my advice is, don't ever leave it parked or you will become one of the city's newest pedestrians... It seems a whole lot of the brothers and sisters psyched the police in Belmar recently, as unbeknownst to them the Greekfest moved Asbury Park at a moments notice and left a lot of policemen wondering what to do with themselves the other Sunday. Everybody that attended said the bounce was worth it, Asbury folks were glad to see them and they say come again next year they'll leave the lights on for you... While I have it on my mind, don't you agree that one of the worst looking sights you can see these days is a young brother on the corner with his jeans down to his ankles and a pair of dirty boxer shorts showing, fellas if you don't have clean underwear on, don't show us the filthy ones, come to think of it, who wants to see your drawers anyway? And, while you are at it – please wash those dry, dull looking dreadlocks or your buckwheat hairdo once in a while. Everything starts to stink if it isn't washed occasionally... While driving down So. Munn in East Orange last week I was a sight to behold, there she was that same little girl that used to sit on the steps and look so innocent a few short years ago – well, she was pushing a stroller and carrying one in her arms, she's only seventeen years old and she looks like she wouldn't harm a fly (unless it's unzipped) shame on you... The Shadow took in some of the comedy shows last week and I found out that if the word "mother" had not been invented, most of the comedians would not be able to do their act, and remember "mother" is only half a word. They put "mother" and the other half together at least every two minutes and they talk pretty bad about the sisters, but what amazes me is the sisters seem to like it... The Shadow wants to know why every day around five o'clock there is a dark blue mini van (Pathfinder) parked outside of a house on Myrtle Ave. in Irvington near the Parkway entrance. Could it be that the mister of the house leaves for his night job around four-thirty and just before midnight, the blue van leaves the area, I do hope the mister never comes home early with a headache. Because if he does there will be all hell to pay, cause the mister looks big enough to whip the World Trade Center. Look out!... I still see the corners are loaded with brothers every day and night, they don't seem to have much going for them, doesn't anybody work anymore????

See you next time "Chou" and peace

The Shadow is out of here...

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